

Longwood 50+ Center

June 2016

Hours: Tuesday 9:00am – 1:00pm

Wednesday 9:00am – 3:00pm

longwoodsc@howardcountymd.gov

www.howardcountyaging.org

6150 Foreland Garth

Columbia MD 21045

410-313-7217

Nutrition Specialist: Kari Weidner



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chinese Exercise 9:00am Lunch 12Noon Bread 2:00pm Ping Pong & Games 1:00-4:00pm 1	2	3
6	Chinese Exercise 9:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 7	Chinese Exercise 9:00am Lunch 12Noon-- Asian Lunch Ping Pong & Games 1:00-4:00pm 8	9	10
13	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 14	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12 Noon Bread 2:00pm Korean Church 2:00-4:00pm 15	16	17
20	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 21	Chinese Exercise 9:00am BINGO 10:00am Lunch 12Noon Bread 2:00pm Ping Pong & Games 1:00-4:00pm 22	23	24
27	<div>Center Closed</div> <div>Staff Meeting</div> 28	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Bread 2:00pm Ping Pong & Games 1:00-4:00pm 29	30	